

Jefferson County Safety Toolbox Talk

TOPIC: Safety Tips for Daylight Saving Time

Overview: Over the weekend, we moved into Daylight Savings Time. Losing an hour of sleep can be hard on the body. Changes made to your schedule can cause fatigue. This can lead to fatigue impairment which can be dangerous when driving or doing other things at work or around the house. Like alcohol, being fatigued slows down a person's reaction time, decreases awareness, impairs judgment and increases the risk of an accident leading to injuries.

Follow these safety tips when at work, at home or driving once Daylight Savings Time begins to help reduce your chance for injury:

- If traveling, start your trip well rested, plan to take breaks every two hours and avoid driving between 1:00 am and 7:00 am. Studies have found that it's between these hours that your body really wants to sleep and sleeping during this certain time frame helps the body recharge the most.
- If you notice any of the symptoms of fatigue, pull off the road in a safe location and take a short rest. Additional signs of fatigue include:
 - Loss of concentration
 - Drifting out of your lane
 - Nodding off
 - If you have stopped someplace and you say, "Oh how did I get here"? it's probably best to not drive anymore that night.
- When around the house, there are things you should do right after the change the clocks.
 - Replace batteries in smoke alarms
 - Replace batteries in carbon monoxide detectors. (best practice, change out detectors every 5-6 years)
 - Check any emergency supply kits for your home and replenish
 - Check any emergency supply kits for your vehicle and replenish (remember the coffee can?????)

Some research institutions that study human behavior call the Monday after the spring daylight savings time "Fall Forward Monday". On Fall Forward Monday there are 3.6% more slip trip and fall injuries per 100 hundred employees in the United States than on any other day of the year. And on average, there are 4.3% more "other" work related injuries in the workplace per 100 employees. Those extra injuries account for 366,500 days away from work and over 1.5 million transitional duty hours (light duty).

- Be careful, not only on Fall Forward Monday but every day after the time change.
 - Take a few extra minutes to review a job that you are about to start to check for hazards.
 - Review the instructions prior to starting a particular job even if you have done it a 100 times before.
 - Slowing down, taking your time and not hurrying or taking shortcuts will reduce your chances of injury.
 - Make sure all necessary precautions are taken such as wearing PPE prior to starting your job.